

twice

BE GOOD TO YOURSELF

||:C↑E D C G6:|| C

WHEN YOU WAKE UP C

TAKE A LOOK IN THE MIRROR G6

AND ASK YOURSELF: G6

DO YOU LIKE WHAT YOU SEE? C

C
IS THE LATE NIGHT SUP

PLAYIN'HELL WITH YOUR LIVER? G6

ARE YOUR EYES GOIN'SQUARE C

FROM TOO MUCH TV?

WHEN YOU WAKE UP C

DO YOU RELISH THE MORNIN' G6

OR DO YOU THINK INSTEAD: C

IT'S JUST ANOTHER DAY?

DO YOU DRINK FROM LIFE'S CUP C

OR DO YOU SIT THERE YAWNIN' G6

WITH A DRUM IN YOUR HEAD

AND HELL TO PAY? R

Dmin Dminty Dm G6

NOBODY WANTS TO BE WITH YOU

Dmin Dminty G6
WHEN YOU'RE LOOKIN'DOWN AN'FEELIN' BLUE

Dmin Dminty Dmin G6
BUT THERE'S ONE THING THAT YOU CAN ALWAYS DO:

BE GOOD TO YOURSELF. C

C
BE GOOD TO YOURSELF:

GG
DON'T LIVE IMPROPERLY:

THE DAMAGE IS SOON DONE

C
ONCE THE SEED IS SOWN,

C
DON'T DRINK TOO MUCH,

GG
LOOK AFTER YOUR BODY;

IT'S THE ONLY ONE

C
YOU'LL EVER OWN.

C
DON'T TOUGH THE WEED,

GG
DON'T SHOOT, DON'T SNIFF GLUE,

AND DON'T OVERFEED

C
YOUR APPETITE,

C
TAKE WHAT YOU NEED,

GG
EAT WELL AND DRINK TOO,

BUT ALWAYS HEED

C
THAT EXTRA BITE.

BE GOOD TO YOURSELF.

improvise F GG C

When you finish work
And you're off for the weekend,
Do you go to ground?
Do you lie in bed?

Don't become a jerk!
Play squash with your best friend,
Spar a couple of rounds,
And take off that spread.

And when you socialise
Don't go with women
Who are fast and free;
You've heard this before:

Be safe, be wise,
To enjoy good livin'
Don't need no cheap thrills,
Don't need no whore.

There's no magic formula to find:
Just don't let self-indulgence make you blind,
Take care of body, heart and soul and mind,
And be good to yourself.